

**Amendments to the Claims:**

This listing of claims will replace all prior versions of claims in the application.

**Listing of Claims**

What is claimed is:

1. (Currently Amended) An isometric exercising apparatus comprising:

a support structure having no source of motive energy;

a user engageable member including a first end, an intermediate section and a second end;

a means for removably connecting said first end and second end to said support structure at a user desired position wherein said means allows a user to connect and disconnect the first end and second end at the user desired position, further wherein the connected user engageable member is immovable by a muscular force applied by the user; wherein the user desired position is a position that allows the user to apply the strongest range of muscular force for a muscle group to the user engageable member;

a means for distributing the strongest range of muscular force applied by the user to the user engageable member to the support structure;

~~securing means for coupling said user engageable to  
said support structure;~~

a measuring means for measuring and displaying the  
strongest range of muscular force applied exerted by  
the user on said user engageable member; and

a means for displaying the strongest range of muscular  
force applied by the user on said user engageable  
member.

2. (Canceled)

3. (Original) The isometric exercising apparatus of claim 1 wherein:

said support structure includes a base member designed to support a user.

4-8. (Canceled)

9. (Currently Amended) The isometric exercising apparatus of claim 1 wherein:

said ~~measuring~~ means for measuring includes a means for storing data.

10. (Currently Amended) The isometric exercising apparatus of claim 1 wherein:

said ~~measuring~~ means for measuring includes a means for storing said strongest range of muscular maximum force applied exerted by the user.

11. (Currently Amended) The isometric exercising apparatus of claim 1 wherein:

said measuring means for measuring includes a means for identifying a plurality of users.

12. (Currently Amended) The isometric exercising apparatus of claim 1 wherein:

said measuring means for measuring includes a means to retrieve said stored maximum strongest range of muscular force applied exerted by user.

13. (Currently Amended) An isometric exercising apparatus comprising:

a support structure having no source of motive energy, and further having a bench resting on the floor and adjacent supports extending vertically;

a user engageable member bar including a first end, an intermediate section and a second end;

a means for removably connecting said first end and second end to said support structure at a user desired position wherein said means allows a user to connect and disconnect the first end and second end at the user desired position, further wherein the connected user engageable bar is immovable by a muscular force applied by the user; wherein the user desired position is a position that allows the user to apply the strongest range of muscular force for a muscle group to the user engageable bar;

a means for distributing the strongest range of muscular force applied by the user to the user engageable bar to the support structure;

~~securing means for coupling said user engageable to said support structure; and~~

a measuring means for measuring and displaying the strongest range of muscular force applied exerted by the user on said user engageable member bar; and

a means for displaying the strongest range of muscular force applied by the user on said user engageable bar.

14. (Canceled)

15. (Currently Amended) The isometric exercising apparatus of claim 13 wherein:

~~said user engageable member includes a first end, an intermediate section, and second end, wherein said first end and said second end are perpendicularly supported by said vertical supports of said support structure.~~

16-20. (Canceled)

21. (Currently Amended) The isometric exercising apparatus of claim 13 wherein:

~~said measuring means for measuring includes a means for storing data.~~

22. (Currently Amended) The isometric exercising ~~exerciing~~ apparatus of claim 13 wherein:

    said measuring means for measuring includes a means for storing said strongest range of muscular force applied maximum force exerted by the user.

23. (Currently Amended) The isometric exercising apparatus of claim 13 wherein:

    said measuring means for measuring includes a means for identifying a plurality of users.

24. (Currently Amended) The isometric exercising apparatus of claim 13 wherein:

    said measuring means for measuring includes a means to retrieve said stored strongest range of muscular force applied maximum force exerted by the user.

25. (Currently Amended) A method for exercising, comprising the steps of:

    a) commencing a first exercise iteration in which a user exerts a first greatest force of a muscle group in the strongest range of motion of said muscle group exerting a first force by a muscle group against an immovable user engageable member;

    b) measuring a maximum value of said first greatest force of the muscle group exerted by the user in the first exercise iteration first force;

    c) recording said maximum value of said first greatest force of the muscle group exerted by the user in the first exercise iteration first force;

- d) ending the first exercise iteration;
- e) abstaining from exercising said muscle group for a first predetermined period of time, not less than several days, as prescribed by the magnitude of said recorded first greatest force;
- f) commencing a second exercise iteration in which the user exerts a second greatest force of the muscle group in the strongest range of motion of said muscle group exerting a second force by a muscle group against the immovable user engageable member;
- g) measuring a maximum value of said second greatest force of the muscle group exerted by the user in the second exercise iteration through the measuring means;
- h) recording retaining the maximum value of said second greatest force of the muscle group exerted by the user in the second exercise iteration;
- i) ending the second exercise iteration;
- j) abstaining from exercising said muscle group for a second predetermined period of time, not less than several days, as prescribed by the magnitude of said recorded second greatest force;
- k) extending the second predetermined period of time when the recorded second greatest force is lower than the recorded first greatest force; and
- l) repeating steps f) through k) for subsequent exercise iterations.  
~~extending the exercising abstention period when the maximum value of the second force is a lower value than the maximum value of the first force;~~  
~~exercising abstention period for the muscle group.~~

26-27. (Canceled).

28. (Currently Amended) The method according to claim 25 wherein:

the ~~first force~~ first greatest force is exerted for a period of 10 seconds.

29. (Currently Amended) The method according to claim 25 wherein:

The ~~first force~~ first greatest force is exerted until complete muscle fatigue.

30. (Currently Amended) The method according to claim 25 wherein:

the ~~first force~~ first greatest force is determined by the user slowly increasing the amount of force applied to the immovable user engageable member in the strongest range of motion of said muscle group is slowly increased until the first onset of pain.

31. (Canceled)

33. (Currently Amended) The method according to claim 25 wherein:

the second greatest force is exerted for a period of 10 seconds.

34. (Currently Amended) The method according to claim 25 wherein:

the second greatest force is exerted until complete muscle fatigue.

35. (Currently Amended) The method according to claim 25 wherein:

the second force second greatest force is determined  
by the user slowly increasing the amount of force  
applied to the immovable user engageable member in the  
strongest range of motion of said muscle group is  
slowly increased until the first onset of pain.

36. (Canceled)

37. (Currently Amended) The method according to claim 25 wherein:

the second predetermined period of time exercising  
abstention period is extended by three days.

38. (Currently Amended) The method according to claim 25 wherein:

the second predetermined period of time exercising  
abstention period is extended by four days.

39. (Currently Amended) The method according to claim 25 wherein:

the second predetermined period of time exercising  
abstention period is extended by five days.

40. (Currently Amended) The method according to claim 25 wherein:

the second predetermined period of time exercising  
abstention period is extended by six days.

41. (Currently Amended) The method according to claim 25 wherein:

the second predetermined period of time exercising abstention period is extended by seven days.

42. (Currently Amended) The method according to claim 25 wherein:

the second predetermined period of time exercising abstention period is extended by eight days.

43. (Currently Amended) The method according to claim 25 wherein:

the second predetermined period of time exercising abstention period is extended by nine days.

44. (Currently Amended) The method according to claim 25 wherein:

the second predetermined period of time exercising abstention period is extended by ten days.